



PROCLAMATION SEPTEMBER 2023 – NATIONAL RECOVERY MONTH

WHEREAS, behavioral health is an essential part of one's overall health and wellness; and

WHEREAS, prevention of mental and substance use disorders works, treatment is effective, and recovery is possible; and

WHEREAS, recovery is a process and that people recover in our local area and around the nation; and

WHEREAS, preventing and overcoming mental and substance use disorders is essential to achieving healthy lifestyles, both physically and emotionally; and

WHEREAS, an estimated 400,000 people in King County are affected by these conditions; and

WHEREAS, we must encourage relatives and friends of people with mental and/or substance use disorders to implement preventive measures, recognize the signs of a problem, and guide those in need to appropriate treatment and recovery support services; and

WHEREAS, we recognize four dimensions of recovery from mental health and substance use disorders: health, home, purpose, and community; and

WHEREAS, to help more people achieve and sustain recovery, the U.S. Department of Health and Human Services (HHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), the White House Office of National Drug Control Policy (ONDCP), King County, and Lake Forest Park invite all residents to participate in **National Recovery Month**; and

NOW, THEREFORE, the Mayor and City Council of the City of Lake Forest Park, do hereby proclaim September 2023 as:

National Recovery Month

in the city of Lake Forest Park and urge all residents to observe this month with appropriate programs, activities, and ceremonies to increase public understanding of addiction as an illness.

IN WITNESS WHEREOF, signed this 10th day of August, 2023.

Jeff Johnson, Mayor